

RAISING YOUR CHILD ALCOHOL FREE

KNOW THE MESSAGES YOU ARE SENDING YOUR CHILD

- Be a good role model.
- Be sure your attitudes and actions support what you tell your child.

TEACH SELF-HELP SKILLS (LIKE PROBLEM SOLVING AND DECISION MAKING)

- Teach your child how to talk about their feelings.
- Help your child understand the consequences of their decisions.
- Give your child new experiences to help him/her understand others.

TALK ABOUT THE HARM OF USING ALCOHOL AND OTHER DRUGS

- Correct the media's message that drinking is glamorous and drinkers have more fun than non-drinkers.
- Use news on the topic to start discussions with your child.
- Tell your teen that most kids do not drink.

GET TO KNOW YOUR CHILD'S FRIENDS AND THEIR PARENTS

- Take time to talk with your child's friends every time they visit your home.
- Introduce yourself to other parents. Find out what rules you have in common.
- Volunteer to help parents supervise teen gatherings.

MONITOR YOUR CHILD'S USE OF ELECTRONICS

- Keep the computer and television your child uses in a place you can easily view.
- Monitor the Instant and Text Messages they send and receive.
- Caution your teen about posting information or pictures of themselves on the Internet.

SET RULES AND CONSEQUENCES ABOUT USING ALCOHOL AND OTHER DRUGS

- Tell your child that you expect him/her not to drink.
- Consistently enforce rules with appropriate consequences.

DECREASE YOUR CHILD'S ACCESS TO ALCOHOL

- Monitor the amount of alcohol you keep in your home.
- When hosting your child's party, make sure there is adult supervision and alcohol isn't accessible.

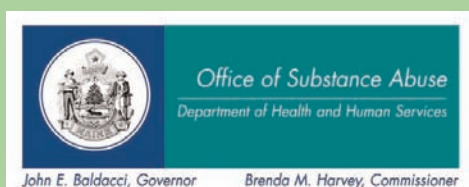
EDUCATE YOURSELF ABOUT THE TRENDS AND DANGERS OF YOUTH ALCOHOL AND OTHER DRUG USE

- Know the dangers associated with underage drinking such as accidents, school failure, unwanted pregnancy, violence and other issues.
- Learn the signs of alcohol and drug use and what you can do.

PAY ATTENTION TO YOUR CHILD'S MENTAL WELL-BEING

- Understand that depression and anxiety are risk factors for alcohol problems because some people use drinking to cope.
- If you think your child might have a mental health problem, do not delay getting professional help.

There are many good reasons for teens not to use alcohol and no good reason to start.



For more information, visit www.MaineParents.net or
Maine Office of Substance Abuse Information & Resource Center, 1-800-499-0027; TTY: 1-800-606-0215.

24-hour referral for assistance: Call 211 or visit www.211maine.org